

Summer is coming: Remember your sunscreen, says K-State specialist

K-State Research and Extension news service

Manhattan, Kan. – Summer is knocking on the door, which for many folks means picnics and swimming and gardening and other outdoor activities. Summer also means sun. Lots and lots of sun. Ashley Svaty, a family and consumer sciences specialist at K-State's Northwest Research-Extension Center in Colby, said it's "critically important that we think about protecting our skin's health." "There is a statistic (from the American Academy of Dermatology) that it only takes one blistering sunburn during childhood or adolescence to nearly double a person's chance of developing melanoma," Svaty said. "So even when we're younger, we have to be mindful of the sun's rays, and as adults, we have to be role models and help protect those kids and babies." Researchers say that a little sun is good for the body and mind: 20 minutes of sunshine helps in producing vitamin D, sup-

ports bone health, relieves blood pressure and promotes good mental health. But too much sun can lead to longer-term, negative health effects. "We need to protect ourselves when outside," Svaty said. "I understand if we work in a field, or those that have outdoor jobs. Seek shade as much as you can, but if you can't find shade, wear a white brim hat and sunglasses to protect those eyes, and wear UPF (Ultraviolet Protection Factor) protective clothing." Another common term associated with sunscreen for the skin – SPF – stands for Sun Protection Factor. Sunscreens are sold with varying levels of SPF, but Svaty said the level that one buys – as long as it is 30 SPF or higher – is less important than routinely re-applying protection every two hours while outdoors. "The big thing to remember is that you can get as high of an SPF as you want, but remembering to re-apply that every two hours is critically important," Svaty said. "The majority of people don't put enough sunscreen on the

first time, and then they don't re-apply later. SPF 30 or higher is fine, but remember to re-apply every two hours." Svaty noted a few extra things to keep in mind: •The type of sunscreen one uses – spray, lotion or other – doesn't matter. It's a personal preference. •Cover as much skin as possible when outside. SPF clothing is one good way to do this, while remaining comfortable. •Use sunscreen all year round. The sun's reflection off snow in the winter can be equally damaging to skin. •Remember vulnerable spots when applying sunscreen, touch as top of head, tips of ears and back of neck. •Discard expired sunscreen and keep a fresh tube year-round. More information on sun protection is available online from the American Academy of Dermatology and the American Cancer Society, or speak to a board certified dermatologist.

K-State wildlife specialist: Let wildlife be wild

By JACOB KLAUDT, K-State Research and Extension news service

Manhattan, Kan. – While that fawn lying alone in a patch of thick vegetation might seem vulnerable and in trouble...odds are, it's not. Kansas State University wildlife specialist Drew Ricketts said many species of wildlife, like white-tailed deer, have adapted to hide and hold entirely still when young, which makes it common for people to think they've been abandoned. "Most likely that critter was left there by its mom, and she's off forging nearby," he said. "If we pick that deer fawn up and try and take it home, we're taking it away from where it's supposed to be and where it has the best chance of surviving." Not only can those who intervene possibly upset natural animal processes, but they also risk contracting several diseases that wildlife carry. "Pretty well all species that folks might encounter out on the landscape can carry diseases that can be passed to humans," Ricketts said. "Raccoons, foxes, coyote pups – all can carry canine distemper virus, while foxes and coyotes also could have parvovirus." Human-wildlife interactions expose domestic pets to the numerous zoonotic diseases wildlife can transfer. "There are ectoparasites like mange mites and ticks, and lots of wildlife have parasitic worms too," Ricketts said. "Another concern is that we could bring avian influenza virus home right now if we

deal with waterfowl." Beyond health concerns, Ricketts reminds those who enjoy wildlife that legal issues may arise if found possessing them without proper licensing. "It's not legal in Kansas for citizens who do not have a wildlife rehabilitator license to have wild animals," he said. "That fine can be up to \$1000, so if you want to possess those wild critters, you should become a wildlife rehabilitator." Sometimes, those who like observing wildlife anthropomorphize with them; that is, think about animals as though they have the same feelings and experiences as humans. However, Ricketts said they simply do not. "Even if we don't do that, if we have pets and those sorts of things, it can be easy to see wild animals though they are pets," he said. "It's important to remember that they're not, and we need to leave them alone because most of them are not very easy to make into pets either." Yet, injured animals that are threatened or endangered wildlife species may be reported to and accepted by a rehabilitation facility. "If you do encounter those sorts of species, reach out to the Kansas Department of Wildlife and Parks, so that you can get some instruction from them about what to do with that animal," Ricketts said. More information about wildlife reporting and endangered species is available online through the Kansas Department of Wildlife and Parks.

NOTICE

Rice County Council on Aging Board Meeting
Thursday May 15th, 2025
9:30 AM
People's Community Room
101 East Main Street

NOTICE

Hospital District #1 of Rice County Annual Meeting
Monday, May 19th, 2025
7:00 pm
Hospital Conference Room

SALE

LIVING ESTATE SALE — Colleen Zwick and Family, Thurs., May 15, 11-7; Friday, May 16, 11-7; Sat., May 17, 9-Noon, Woydziak Building, 109 West Ave. South, Lyons. Something for everyone: Art work-some local, furniture, antiques, clothing –babies to adult women's', shoes, purses, jewelry, Kid's toys, Legos, desks, file cabinets, Antique butter churn, Roseville, Hull, Weller pottery, Sets of China, Hand Painted China, Drop leaf table,6 chairs, 2 leafs, 2 Lazy Boy recliners, roll top desk, antique wash stand, end tables, Patio furniture, DME equipment, Pro Form Treadmill, Book cases, Round oak table 1 leaf, Oil Lamps, Quilts, Hobart Welder, linens, Enamelware, Crocks, Plant stands, Vornado fans, Longaberger baskets, Pyrex pie plates, Kitchen ware, Shelving, Garden tools, garden carts, Unique Lighting fixture, Cedar planks, Singer Stylist Sewing Machine, games, books, rugs, Holiday decorations, Records, Porcelain dolls, Nice loveseat, large ottoman, NIB gas tank, Airlift compression system and adjustable springs, Motorcycle helmets, Coleman lanterns, stoves, heater, Exercise items, trash cans, floor buffer, Ryobi tools, Hard plastic chairs, card table and chairs and so much more to uncover. The Estate Shoppe. (178-18)

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REQUEST FOR PROPOSALS

City of Garnett, Kansas, Comprehensive Plan

The City of Garnett requests proposals from qualified consultants or firms to review city comprehensive plan and develop comprehensive plan for the City. The new, updated plan will provide vision, goals, objectives, and policies to guide the City's development and redevelopment for the next 20 to 25 years. The plan will guide the City Commission, Planning and Zoning Commission, staff, developers, property owners, and residents on the appropriate growth and redevelopment for the City. The updated plan will integrate all aspects of urban development, including demographics, land use, public facilities and infrastructure, transportation, environmental, and economic growth recommendations. A critical component of the plan will be setting a vision for the City's development and redevelopment, including areas in the City and possible annexation land. The vision component will need to analyze existing and future infrastructure needs and how technology will play a role in community outreach and City operations. The qualified consultant will need to take a creative and innovative approach to reviewing the needs of the community, while obtaining public input about the plan. The planning process shall develop a comprehensive vision for the City, business opportunities, amenities and programs, as well as complement the recently-completed parks plan. SUBMITTAL DEADLINE One (1) electronic copy in PDF format, in accordance with this RFP, will be accepted no later than 3:00 PM CST on May 30, 2025 and shall be submitted via the following email address: dwilson@garnetts.net

Full document and information are available at www.simplygarnett.com.

THE CITY OF GARNETT KANSAS 1881